



Core Skills Curriculum additional skills sheet for students ages 10 – 13

Explore this worksheet and master each skill with good athletic form, touch, and control.

Speed & Agility Training	Ball Mastery Skills		Volley Control <i>Need Partner</i>
Cone Workout 4 Basic Variations Ladder Workouts 4 Basic Variations Shuttle Runs <i>short sprints</i> Change of Direction Runs	Forward & Backward with Toe-Tap, Box, and Sole-Roll Toe-Tap Switch Rocking Sole Roles right leg & left leg Push & Pull inside foot & Outside foot Box Squishies V – Turn Combinations L – Turn Variations: Roll & L, 2 Box – L, Alternating L's	Scissors Step – Overs U – Turn Cruyff Turn Maradona Iniesta, Roll & Iniesta Step-Over – V Rebona Neymar Role & Cruyff	Inside Shoe Volley Lace Volley Drop Volley Using Inside Shoe and Laces Thigh & Volley Chest & Volley